

PERENIOU

MARCH, 1974

VOLUME III, No. 3

35¢

H U J K E Ti

TABLE OF CONTENTS

CONTRACTOR OF THE PARTY OF THE	
Respect-The Law of Consideration	
Lecture by Richard P. Goodwin	3
The Penetralia	
by Andrew Jackson Davis	5
Student's Corner	
Article by Bee Dorbandt	7
Views of our Heavenly Home	
by Andrew Jackson Davis	8
Visitors Views	9
Spiritualist Dictionary	10
Proverb by The Wise One	11
Prayer for Spiritual Healing	12
Healing Hands Article by Miriam Bostwick	10
News and Views	13
by Duncan Robertson	15
	15
A Guide to Mediumship by E. W. and M. H. Wallis	16
The "Whys of Spiritualism"	10
by Edwin B. Morse	18
The A.B.C. of Spiritualism	10
by B. F. Austin, A.M.D.D	19
Cook Pook Canana	
by Edie Faubel	22
Invocation	
Busy Bees by Bee Dorbandt	24
Declaration of Principles	25
Proverb by The Wise One	
Becoming a Spiritualist	20
by H. Gordon Burroughs	27
Lest We Forget	28
Poet's Pen	
Fables for Young and Old	31
Ever-Recurring Questions	22
by Andrew Jackson Davis	33

Published Monthly by SERENITY SPIRITUALIST ASS'N.
NSAC, P. O. Box 137, Forest Knolls, CA 94933

EDITORIAL DEPARTMENT

Opinions expressed are not necessarily those of the Sentinel.

All unsolicited manuscripts must be accompanied by a selfaddressed, stamped return envelope.

	et The	Law of	Considerat	en en	Harington of	and the second	ESCHOOL SECTION OF	
100			P. Goodw				,	
The Pe	enetralia	Turnara	1. Goodw	<i></i>			,	ñ
			Davis					
Studer								
A		-						
View		Co	mbir	rati	on			
Visi.		6	,	T.				
Spir		Or	der	3º0	m			
Pro		One	Year (12 is	sues) at	\$3.7	0		
Pray			igs 50¢ ove					
He			Years (24 i					
		_	gs \$1.50 o					
			e Years (36					
			ngs \$2.50 c					
	Forei		e-add \$1.2					
			Os, and FF					
			(includes					
			(includes	postage	anu	nanuing)		Print)
	Name						/I reuse	1111111
	Addre	ess			_			
	City_			State_			Zip	
	Paym		heck or		order	in the		
		nt ot v		is encl	osed			
	amou	111 01 5	<i>(</i> 1					
	B	ack	Isse	ue				
	\mathscr{B}	ack			s of S	Serenity		
	B Pleas	ack e send me	Bac	k issue		Serenity		
	B Pleas	ack e send me	Back each as list	ck issues	ow:			
	B Pleas	ack e send me	Back each as lis	ck issues	ow:	Serenity Issue No.	Issue Date	\$ Ami
v	Please Sent	ack e send me	Back each as list	ck issues	ow:		Issue Date	\$ Ami
	Please Sent	ack e send me	Back each as list	ck issues	ow:		Issue Date	\$ Ami
	Please Sent	ack e send me	Back each as list	ck issues	ow:		Issue Date	\$ Am
	Please Sent	ack e send me	Back each as list	ck issues	ow:		Issue Date	\$ Am
	Please Sent	ack e send me	Back each as list	ck issues	ow:		Issue Date	\$ Ami
b).	Please Sent	ack e send me	Back each as list	ck issues	ow:		Issue Date	\$ Ami
61	Please Sent	ack e send me	Bac each as lis Issue Date	ck issues	ow:			\$ Ami
ubl	Please Sent	ack e send me	Back each as list	ck issues	ow:		Issue Date Total \$	\$ Ami
	Please Sent	ack e send me tinel at 50 Issue No.	Back each as list Issue Date Total \$	sted bel	Qty.	issue No.	Total \$	\$ Ami
Richu	Please Sent	e send me tinel at 50	Back each as listed Date Total \$	\$ Amt.	Qty.	Issue No.	Total \$	\$ Ami
Publ. Riche Kay	Please Sent	e send me tinel at 50. Issue No.	Back each as list Issue Date Total \$	\$ Amt.	Qty.	Issue No.	Total \$	\$ Ami

RESPECT - THE LAW OF CONSIDERATION

A lecture given at Serenity Spiritualist Church on February 3, 1974 through the Mediumship of Richard P. Goodwin

Gift Subscriptions	t, one must ask the
your name	tion of the Law of
address (Please Print)	that he considers?
	cessarily true. For,
One Year (12 issues) \$3.70	 nsideration and it we have a value
Two Years (24 issues) \$6.90	e extent of that
Three Years (36 issues) \$10.10	n. And as we
Add \$1.25 per subscription year for Foreign	some degree of
Postage, except Canada, U.S. Possessions, APOs,	12
and FPOs. Canadians add exchange rate difference.	ue? It is really
My _ check _ money order in the amount	es, "To what do
of \$ is enclosed as payment.	material world
0	en it is obvious
ddress (Please Print)	
ritystate	lf what he calls
zip one two three years	until we accept
sign gift card "from":	that we desire
	eise.
to	at is known as
address ———————————————————————————————————	f man believes
citystate	n as an individ-
zip one _ two _ three years _	n he loses what
sign gift card "from":	Consideration.
	no understanding
to	ore, we stumble in
address	 ness and ignorance.
citystate	esires to attain? If
zip one _ two _ three years _	from this rostrum,
sign gift card "from":	cause of all of our
Executive a 19 total or and approved the	ve will truly accept
(Continued on Page 4)	ine whims and fancies of

RESPECT - THE LAW OF CONSIDERATION

A lecture given at Serenity Spiritualist Church on February 3, 1974 through the Mediumship of Richard P. Goodwin

This morning's topic for discussion is entitled, "Respect, The Law of Consideration." In giving thought to that statement, one must ask the question: If respect is an expression or demonstration of the Law of Consideration, does man in truth respect all things that he considers? And in giving thought to that, we find that is not necessarily true. For, there is another part of that faculty of respect and consideration and it is known as value. We find as we go on in life whatever we have a value for, we have a desire to attain. And the degree and the extent of that value and desire prompts us to a greater consideration. And as we demonstrate that Law of Consideration, we express some degree of respect.

Now what is it in life that man finds of greatest value? It is really very clear, my friends. All we have to do is ask ourselves, "To what do I give my greatest amount of respect?" Do I respect this material world in which I live and move and have my being? If I do, then it is obvious

and it is evident that we have some value for it.

What is it that causes man to experience within himself what he calls value? My friends, we cannot have value for anything until we accept within ourselves, in our own mind, that it is something that we desire because we believe that it has been beneficial to someone else.

And so as we go along in life with our so-called respect and consideration and value, we find that they all stem from what is known as beliefs; whatever he in truth accepts within himself. If man believes that the government is not doing what is valuable to him as an individual or the way that he thinks is the right way, then soon he loses what we call respect and no longer demonstrates the Law of Consideration. Remember, friends, without consideration there is no understanding and without understanding, there is no light. Therefore, we stumble in what they call the darkness which is our own blindness and ignorance.

How can man best help himself to that that he desires to attain? If we will consider, as many times has been spoken from this rostrum, if we will consider that we and we alone are the true cause of all of our experiences in this life and the ones yet to be; if we will truly accept that great truth and no longer depend upon the whims and fancies of (Continued on Page 4)

(Continued from Page 3)

creation, no longer depend upon people, places and things, then we will find what is known as true value. True value is something that is ever with you; it is not something that comes and goes. And until such time as we give more consideration to the dimensions that are not seen by our physical sight but by the very Law of Evolution we are destined to awaken to; until such time as we give things of the unseen an equal balance with things seen by the physical senses, then we are not going to be freed from the invisible influences around and about us because we are not considering them and in not considering them, we cannot understand them let alone believe in them. Again and again it has been spoken that man believes what appeals to himself at any given moment and indeed that is true, once again demonstrating the individualization of the soul, the covering of the formless, Divine Spirit.

And so in speaking on respect, so many of us think, perhaps, that we must demand respect. Well, that is true in a sense if we demand it of ourselves. But if we fall into the misunderstanding that we must demand respect and consideration from others; if we believe that we are not receiving that, then we can be rest assured, my friends, that we are not giving it. We cannot receive anything in life that we do not first give. Now a person may say, "Well, I desire to receive a substantial income in this life and be financially solvent. How is it possible for me to first give that, when I do not yet have it?" And that is the problem that man has created. As you believeth so you becometh. If man will first believe that he has what he is desiring, then he will come to a level of consciousness within himself where what he desires is expressing itself. And like the great magnet of the universe, where like attracts like and becomes the Law of Attachment, man will experience what he truly believes. But that takes more than a thought, my friends. takes the sustaining power of the Divine. And how does man become receptive to a greater degree to that sustaining power? Well, they called it many words, my friends, and one of those is faith. Faith is an absolute conviction within our own mind that we already have what we have been seeking.

Now many times with these new thought movements and positive thinking and self-improvement teachings in the world, man tries to demonstrate that law but he doesn't try very long. He might try for a month, a week. Some, perhaps, even for a year. So we find that it takes not only the faith but it takes patience. We look about and we see that some people are able to demonstrate what is known as a positive attitude and to experience the so-called good things in life. And (Continued on Page 6)

THE PENETRALIA; Being Harmonial Answers to Important Questions

by Andrew Jackson Davis

Continued from last issue-

What men term "Imagination," I deem the mind's power—"to body forth (prophetically) the forms of things unknown"—things, which live inherently in the constitution of the soul, but which may not have met their corresponding symbols in the external world. idealist entertains primarily the church and the state in his mind. Picture and statue existed first in the artist's mind. In the mechanic's mind, the first railroad was laid, the first steam-engine built. There was, therefore, a time when church and state, statue and picture, railroads and locomotives, were simple unsymbolized Ideas. The skeptics (the men of the finite or facts) stigmatized them "Imaginations." Many a merchant mourned, with contemptuous pity, over the steamboat fancies of John Fitch and Robert Fulton! The first steamboat was built and launched and propelled up and down the broad rivers of Reflection in John Fitch's, and more particularly in Fulton's mind. Time was when this steam-phantom excited the ridicule of sensuous minds. But do you say this phantom has not come into practical life? If so, I reply that the most extravagant imaginations of Fulton are surpassed by the commonest engines of the workshops. You must not accuse me of skepticism, but rather look within, and condemn yourselves. I doubt what the world believes, in many things, because I behold so much which I can not doubt.

If I were to classify the three departments of human thought, I should say that Man is an Indefinite world, situated between the Finite and the Infinite—or that there are three worlds in which his thoughts may eternally roam and be gratified. Man is to himself the Indefinite sphere; and thus "all our knowledge is ourselves to know." This is the only knowledge that can humble the mind; it is the knowing to a certainty that we are ignorant. Thus, before self-knowledge we reverently bow; as in the presence of some God both strange and undefinable. But pride comes in with the outward, finite sciences. Give a man to feel that he knows the science of the stars, Astronomy, and forthwith he straightens his spine when before his fellow-men. Give him to know the science of the earth, Geology; or the science of quantities, Mathematics; or the science of qualities, Chemistry; or the science of solids (Continued on Page 34)

(Continued from Page 4)

perhaps they have been able to do that with some effort in a week or a month. And so we go along six or eight months or perhaps a year or two, and we are still not able to demonstrate it. It doesn't mean that the principle of that law is not working because what works for one, by the very law and its own principle, works for everyone. But we are all a little different, like the blades of grass in the meadow. And so for some of us it is going to take a little bit longer than for the rest of us. We have all accepted through the Laws of Belief different thoughts in our mind and we have also rejected other thoughts in our mind. And so we cannot look at another and try to become a carbon copy, my friends, for in so doing we will deny our own Divinity, our own individuality. Let us accept what we believe we are this moment and in accepting that, if we are not satisfied or pleased, then let us have the wisdom, the courage and the strength to begin to change. Thank you.

TRY SMILING

-Unknown

When the weather suits you not,
Try smiling.
When your coffee isn't hot,
Try smiling.
When your neighbors don't do right,
Or your relatives all fight,
Sure 'tis hard, but then you might
Try smiling.

Doesn't change the things, of course—
Just smiling.
But it cannot make them worse—
Just smiling.
And it seems to help your case,
Brightens up a gloomy place,
Then, it sort o' rests your face—
Just smiling.





LETTING GO

by Bee Dorbandt*

"For every thing there is a season a time to pluck up what is planted a time to cast away stones"

Man, through ignorance, has never learned the lesson from Nature that 'unless a seed drop into the ground and die, it cannot be raised up into the bud and then the fruit.' Why do we hold on to old outmoded ideas, things, and possessions for so long a time. A mother holds on to what she calls her love for her child, taking much concern about his growth and development . . the father over the child's education and what he desires his child to be when he grows to maturity. We hold on to persons and conditions as if they were desirable and many times we pray that these same persons and conditions be removed from our lives

with dispatch.

If we would take a lesson from Nature (whom we call Mother) we would see the mother bear chase her cubs into the trees when they are two years old, leaving them there to find their way down to fend for themselves in their search for food and shelter. Trees must lose their leaves to receive a new growth the next season and so it is with all of creation. The oceans must have ebb and flow (tides) to keep their waters pure and oxygenated for the creatures that live in their depths. Nothing in creation stands still, it only appears to. Look at the skies they are never the same at any given time. God manifests in variety to complete the whole. And, yet, there is the single golden thread of Truth in all, that God is One - the One in All of Life.

We have a great lesson to learn on this plane of existence . . . and that is when to hold on - when to let go. Go to Nature, and she will educate you - you will become aware of the Peace that is the core of all

of creation - and that peace is called Love in Action!

VIEWS OF OUR HEAVENLY HOME

by Andrew Jackson Davis

CLAIRVOYANCE

Continued from last issue-

"The grandest of all human discoveries is made when the senses are opened from within, and we are brought into conscious relations with the vast realm of the invisible and eternal. How does the spirit thrill with amazement and ecstasy at the grandeur of the scene presented, when the great veil that seemed to cover the world is suddenly drawn away and we made to realize, that in the wide Universe there is nothing concealed—that all doors are open to man. Before the vision of the philosophical Seer everything is transparent as the luminous ether. He dwells in a region of ineffable light, and can know no darkness save the obscurity that depends upon moral conditions, or the existing state and relations of the soul. The solid earth becomes a crystal sphere; the rugged mountains stand out in the clear air white as alabaster forms; and the fathomless depths are discovered to be illuminated ways where the spirit may dwell in light and walk alone with God.

"If we gradually enter upon the inner life we at once begin to see those divine realities which before were only objects of faith and hope. The stormy passions of this rude world are hushed, and sweet peace soothes the unresting heart. The music of glad voices and the universal harmony are precious realities to our waking consciousness; radiant forms people our daydreams or glide before us in 'visions of the night when deep sleep falleth on man.' Through rifts in the clouds of our mortal sphere we catch glimpses of happy faces, whose entrancing smiles are the attempered glories of God and his Angels. If by a sudden and strong development of this vision we are 'caught up into heaven,' things are revealed which the laws and limits of human speech do not enable us to communicate. But with reverent and grateful hearts we remember that, at the approach of the humblest soul, the everlasting doors of the inner temple are freely opened."

The foregoing is a faithful description of the progressive stages which

ultimate and blossom into the "Superior Condition."

The forms of clairvoyance, are, first, a glimmering perception of things as in somnambulism; second, a narrow and limited vision of disease, of personal acts, of metals, and of things terrestrial exclusively; third, a discernment of personal states and emotions; thence thought-reading, psychometry, fortune-telling and prophecy. But there is in (Continued on Page 14)

Visitors Views



"For years I thought I was open to all the spirit I could — but this morning I know I've been in spirit's kindergarten." B. W.

"I enjoyed the Service very much." L.

"I have been attending Serenity for about nine months. It has become a way of life, not just to me, but with my family. We couldn't possibly return to our former way of life. Serenity has something to offer all ages." J.T.

"Very interesting."

"Very clear and well organized and uplifting."

"I want to find out more about Spiritualism – I feel so good now – peace and happiness – thank you."

"It surely feels good to be around such fine people. It is a feeling

words cannot speak."

"A very satisfying experience - both with the service and social

activity afterward." R.H.

"Very enlightening, it has made a believer of a greater power amongst us to me. I find it hard to miss your Sunday services despite the gas shortage."

"I thought it was very interesting and received some good things. I

felt very at home here." L.J.D.

"This is my third visit and each time I feel I am really being helped spiritually. I would like to be able to come more often but I am away at school most of the time and it is often difficult. I am going to try to attend as often as possible. Thank you for your guidance." L.D.

"God bless."

"The service is great for all to learn and participate. I loved it and I'd like to widen my view of personal awareness."

"This is where it's at!"

SPIRITUALIST DICTIONARY

Hinduism:

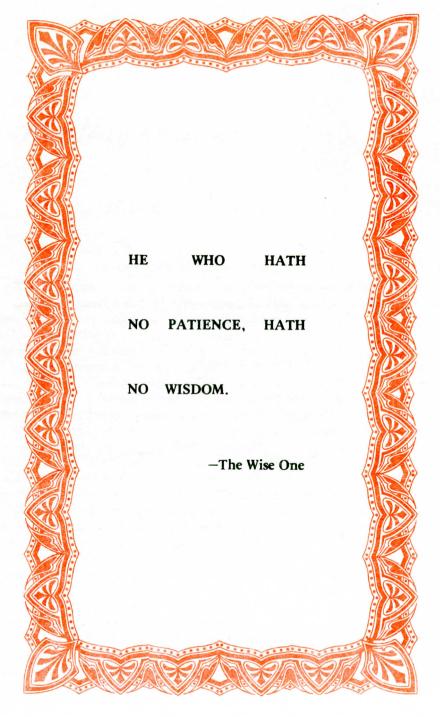
The main religion of India practised by about 216 million people. The foundation of all existence is said to be Brahma, the verbal image of the Deity who encompasses all things. There is also the doctrine of the Atman or Higher Self; a concept of a united self yet divided into many egos. This Great Self is later identified with Brahma. The personal reaction is to discard the earthly experience as an unreal perception, as being worthy of only a misperceived 'little self', therefore meditation must centre on the Great Self to conquer the little self. The sacred writings of the earliest periods are the Rig Veda, in ten books of 1,028 hymns dating 1500–1000 B.C. and later the Upanishads, Gita and Bhakti contemporary with the ideas of reincarnation and the corresponding development of the philosophy and teachings of Yoga 500–100 B.C.

Trance:

The mediumistic trance is a sleep-like condition which enables the subject's body to be used by a discarnate spirit. It is a state which has usually resulted from a sustained cooperative effort over several years of development, in collaboration with a spirit helper, to fulfill a missionary purpose. The depth of unconsciousness reached, and the degree of control, varies greatly in individual mediums. In the lightest state, the medium is conscious to the extent of hearing any words through her own lips, while in deep trance no memory is retained of anything which transpires. F. W. H. Myers recognized three stages in trance. First, the subliminal self obtains control; secondly, the incarnate spirit whether or not maintaining control of the whole body, makes excursions into, or holds telepathic intercourse with the spirit world. Third stage—the body of the medium is controlled by another discarnate spirit.

Altruism:

Sacrifice of self for others, a doctrine in keeping with much of Spiritualism's teachings.



PRAYER FOR SPIRITUAL HEALING

I ask the great Unseen Healing Force To remove all obstructions From my mind and body And to restore me to perfect health. I ask this in all sincerity and honesty And I will do my part.

I ask this great Unseen Healing Force To help both present and absent ones Who are in need of help And to restore them to perfect health. I put my trust In the Love and Power of God.

Healing Hands



by Miriam Bostwick*

The individual who serves as a healer of animals can best serve as a channel or instrument of the Divine healing energy when he is in a peaceful, loving and humble state. The ideal time to serve is, of course, after meditating on peace. Emotional upsets obstruct the Divine flow. As the healer radiates love, serenity and compassion for an animal, this is readily communicated to the 'little person in fur' through the electromagnetic or vibratory waves. The animal will be further — helped to become calm and still as the healer's proficiency increases in visualizing the animal as being in that state. Then the furry person, in his unquestioning acceptance of man, becomes most receptive to the healing energy, expressing a faith that all is well. The more receptive the animal becomes, the more he experiences different sensations within his body which serve to reinforce this feeling that someone knows he is hurting and is attempting to alleviate his discomfort or disease.

It is essential that the healer have confidence in himself as a channel or instrument of the Divine because he is the manifestation of Divine Intelligence or God, the true Healer. The healer concerns himself not with the specific ailment of his animal but with the Divine right of that creature to be in perfect harmonious balance. The healer's faith need not be blind, rather based on the knowledge that healing, stated in an oversimplified way, takes place by virtue of Divine energy emanating through his hands, which in turn is redirected or concentrated and added to by the spirit doctors (channels at a higher level) to bring the patient to a state of harmonious functioning. And so important is the faith and humility of the spiritual healer in accepting that Divine right action is taking place.

(Continued from Page 8)

reality no clairvoyance of much value until the higher phase is fully

developed.

And yet development is one of its ever-present possibilities. The mind must be harmonious, or at least considerably self-poised and tranquil, and the purposes of the seeker unselfish and exalted. Then the will is pure and under its direction, and the eyes of the immortal may be unclosed. A steady progressiveness will be like to charac terize the spiritual perceptions, which should be systematically exercised. The temple of the starry heavens will swing wide open its calming doors, and the gardens of the summer-land come as near as are worlds -fields of earth to the bodily eyes. The very near worlds of matter melt away, and the very far off spiritual universes sweep into your immediate presence. This is what happens to very worthy minds a few hours after death.

PSYCHOPHONETICS

Their Development, Laws, and Wonders

"Happy they," said Father a Kempis, "who penetrate into internal things, and endeavor to prepare themselves more and more by daily exercises to the attaining to heavenly secrets."

Among the treasures of the human mind, which are more numerous than the stars and more precious than all the constellations combined, is the power, or sense, of hearing sounds which are, and forever have been, perfectly unknown in the outer universe. These soul-sounds, so to speak, which are absolutely inaudible to the physical ear, I term "psychophonetics." Who can believe, without at least some items of private experience, that there exists a boundless ocean of intelligent sounds which is never, because they cannot be, heard by bodily organs of hearing?

The ears of the spirit are seldom opened in this life. Clairvoyance, in comparison, is a familiar power. "Their eyes were opened," occurs in the most ancient fables concerning mental illumination. "The scales fell from his eyes," and then he heard a voice; but vision came first and led the other senses; because sight is the handmaid of intellect, and is the sunlight of the whole interior. With his open spirit ears he heard only a "voice," but with his newly unfolded vision his understanding became illuminated, and love flowing in with the light, his whole heart and soul hastened over to the side of truth and deity.

(To be continued in next issue)



by Duncan Robertson*

Grandma may have had the right idea when she said, "All plants need is a little attention and appreciation." Well, perhaps not all, but experiments with Kirlian photography (the Russian developed system of photographing energy emanations) have revealed that certain individuals seem to have that certain touch, literally, when it comes to plants. Photographs taken just after such an individual has touched an ailing leaf show a rosy pink glow which appears to envelop the leaf and revive it. And, yet, another may try the touching and the film will show a brown blurred emanation and the leaf will die.

We are apparently making strides in healing ourselves, too, at least physically. For some time now the pituitary gland has been associated in its function with the biological defense mechanisms of the body. Now science is carefully examining the natural defense systems in hopes they may reveal a key to the mysteries of cancer. In the just published book, Immunology, author George Braziller delves into the complexities and ironies of cancer treatments and why doctors now believe that through fortifying the body's defenses and making the system "more aware" of the presence of cancer cells a cure may be found. According to Braziller's data, cancer cells are produced regularly by the body; however, in healthy tissue the defense mechanisms destroy these cells before they have an opportunity to grow into a tumor and set up their own defenses which can thwart the body's efforts.

The scientific studies done by Stanford Research Institute of Israeli sensitive Uri Geller are now being made available via a 33 minute 16mm (Continued on Page 17)

A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

Continued from last issue-

Impersonating and Test Mediumship

An impersonating medium is one who is so thoroughly controlled by a spirit as to accurately represent and display the characteristics and peculiarities of that spirit. The test medium when entranced, whether in the deep unconscious condition or in the semi-trance state, will often reproduce the symptoms of the illness, and enact the scene of the last few moments prior to the release of the spirit from the mortal form. Such impersonations are generally so exact and striking, and are so often accompanied by ejaculations which call to mind the last earthly utterances of the spirit who is seeking to manifest, that they are of a most convincing and consoling character. It is, however, unwise for sitters to stipulate that certain 'tests' must be given to them before they will believe; because the anxiety and the strong desire which they experience, when visiting mediums, frequently disturb the delicate psychic and mental conditions, and so prevent success. If, however, the particular test should be given by the medium it might then be open to the objection that it was a case of 'telepathy.' The best attitude is to keep an open mind, encourage the spirits to do their best on your behalf, and judge the results on their inherent merits.

Test Mediumship

When a spirit desires to establish his identity he has to endeavor to make the instrument speak his exact words, so that he can give names, dates, and relate specific details of his earth experiences, and, if possible, use phrases or other turns of speech which were characteristic of,: him while here; so that they will be familiar to his friends and carry to their minds the conviction of his real presence. To secure this result a very close rapport must be established between the spirit and the medium, and the 'control' must be as perfect and as nearly 'automatic' as possible. Unless the instrument is extremely sensitive and responsive, the entrancement must be very deep to ensure success.

(Continued on Page 21)

(Continued from Page 15)

color film produced by the Institute. The film is being offered for rent to universities and scientific organizations by the Institute of Noetic Sciences, the new organization headed by former astronaut, Edgar D. Mitchell. Because of demand for the film, it is being offered for a three day period only, at a cost of \$35 plus a refundable \$100 deposit. Inquiries should be addressed on organization letterhead to IONS, 575 Middlefield Road, Palo Alto, CA 94301.

Mrs. Katharane Edson Mershon who lived for several years in Bali, says that communication via telepathy is a way of life there. The natives call it "voices on the wind" and it apparently serves them like the telephone serves us. She says that shortly after her arrival they were quite surprised when she failed to appear for a dinner after she had been "sent for." Psychic Magazine quotes Mrs. Mershon: "there is something about the Balinese people that makes this seem to work very well for them...it may be something to do with religion — they are very devout — or it may be the kind of close communal life they lead, but it works." After she had become more accustomed to the ways of the Balinese, she says that she began to get the hang of it and could the Balinese, she says that she began to get the hang of it and could communicate her thoughts along with the rest.

EDITOR'S NOTE-

The Sentinel extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk (*).

Moving? To receive uninterrupted delivery of your monthly Serenity Sentinel, please make sure your change of address reaches us at least six weeks prior to your change of residence.

THE 'WHYS' OF SPIRITUALISM

by Edwin B. Morse

7. Do souls that come back have memories? If so, why do they not remember things more readily?

The Bible distinctly states that there will be a re-union in after life and that we shall know ourselves. If we didn't possess memories, with which to recollect earthly experiences and associations, there could be no re-unions nor recollections consequently, entities carry the memory of earthly experiences with them over the border. Outside of strong ties of love and friendship they have no desire to retain their life experiences on earth any more than an individual, coming into a life of perpetual sunshine and flowers, should want to recall their life in the slums. Therefore, on many things, their memories have to be helped back exactly the same as your memory would have to be helped back to recall what you did at a certain hour, on a certain day, five years ago or even last week.

8. Why do mediums insist I have a brother in spirit when I know I haven't?

It is easily possible for a medium to be wrong unless one is well trained and attuned to cosmic vibration. A soul does not have to be born in the living flesh in order to exist, since it has always existed in vibrations, and many souls who were never brought to a normal birth in the flesh, continue to manifest and progress in the astral planes. The author has known of many cases where the parents have acknowledged parenthood of a soul that never lived to breathe in the flesh. Of course, instances of this nature invariably are withheld from the knowledge of the children.

9. How is it that a soul will often weaken when asked to give its

When an individual experiences the transition, the soul accustoms itself to vibrate in the astral life as an entity and not as a name. When it returns to manifest in the seance room, the main purpose is to establish a soul-to-soul contact with the sitter. When the sitter demands a name he instantly creates a vibration in which the entity has not previously prepared to manifest. We then assume that the entity weakens, whereas, it is endeavoring to change the vibration to one through which it is possible to give a name to identify itself as an individual.

THE A. B. C. OF SPIRITUALISM

by B. F. Austin, A.M., D.D.

53. Is Spiritualism growing? What prospect of its general acceptance, by the masses?

If by Spiritualism is meant the organized movement it must be frankly admitted that it waxes and wanes with the varying conditions and the different workers in each locality. Many societies and churches under settled pastors and with efficient mediumship, show increasing

strength and solidity and others decrease in effectiveness.

If by the growth of Spiritualism, however, is meant the progress of the Spiritualistic teaching and the general acceptance of its fundamental ideas, then it may be boldly asserted that no other form of religious teaching in the world is making more rapid headway. A mighty tide of thought and sentiment in favor of the main propositions of Spiritualism is sweeping over the world.

54. Where can I get fuller information about Spiritualism?

Most public libraries have in whole or in part the writings of Andrew Jackson Davis, the author of the Harmonial Philosophy and known as the "Great Seer of Poughkeepsie" and often styled the "Father of Spiritualism." The writings of Dr. J. M. Peebles, Dr. Moses Hull, Judge Edmonds, Stainton Moses, Hudson Tuttle, Sir Wm. Crookes, Sir Alfred Russel Wallace, Sir Oliver Lodge, Sir Arthur Conan Doyle, are worthy and careful study. Write the National Spiritualist Association of Churches Headquarters, 11811 Watertown Plank Road, Milwaukee, Wisconsin 53226.

55. How can Spiritualism help a man to nobler character and more effective life?

First by giving him an exalted conception of human nature in general and of his own unlimited powers and possibilities. Man's nature (from the Spiritualistic viewpoint) is absolutely unlimited except by the conditions that may aid or hinder its expression. As these conditions are largely under man's control through right thinking and action, man can steadily rise in the scale of intelligence, power, wisdom and efficiency, expressing more fully his divinity to the world. This optimistic view of man's greatness and the law of eternal progression implanted in the human nature, has a most stimulating and beneficial effect on his character and life. It is a constant auto-suggestion to a man to make the most and best of himself.

The Living Light

In this new book are the wonderful teachings of the Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the Mediumship of Richard P. Goodwin. It has been nine years since the beginning of the Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells is.

In "The Living Light" he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in

our own individual progression.

"The Living Light" is unique the first and fresh expression of the individual understanding of a dival teacher from other dimensions, understanding developed in him is centuries of study in higher realms. The lessons to be perceived are not new the ware very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy, but it is beautiful. In this book, gently taught in simple, direct language is a course of study and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

Selected Passages:

"The question has been asked, "Is awareness and intuition related to the sense of touch?" My children, in the use of the word touch or feeling or sense, we understand that so-called intuition and awareness and the original sense of expression are one and the same."

"If you will spend a little time each day in the exercise that we have given at this time, you will become aware of many things that have

blinded you in the past."

Order now your copy of the limited deluxe first edition "The Living Light." \$10.50 per copy, plus \$.30 handling and mailing. Mail order to: Serenity Publications, P.O. Box 137, Forest Knolls, CA 94933

(Continued from Page 16)

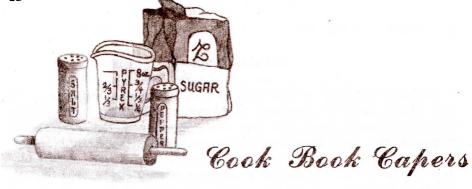
'Reliable' Mediums

We have frequently received applications for introductions to a 'good and reliable 'test' or 'business' medium, or clairvoyant. It will be, easily understood; from what has already been said, that success will largely depend upon the sitter and the conditions provided by him. We may recommend the inquirer to a medium who is sincere and honorable, but the psychic or mental conditions of the sitter may be of such a nature that they will not harmonize with those of the medium, and under such circumstances (although both sitter and medium are honest and well-intentioned) little or nothing of any value can be given or received. But the same sitter, visiting another sensitive with whom harmonious psychic relations can be established, may find the spirit both able and willing to transmit even more than he expected or desired. It is well, therefore, to bear in mind that communications from the other side are liable to be affected by a number of influences, and while we are aware of the limitations on our side, we may profitably recognize that there are many difficulties which hamper the spirits communicants on their side. The fact is that to a very large extent the spirits are groping their way to us just as we are feeling our way towards them, and therefore patience, forbearance, and kindly sympathy are needed in the endeavor to obtain trust worthy messages.

Impersonating Spirits

The mind of the medium may interfere with and affect the message. He may wrongly interpret the thoughts that reach him. The expectancy or anxiety of the sitter may disturb his psychic perceptions. Other spirits may interfere. Well-meaning but unwise and self-assertive spirits—both in the body and out—may entertain and express ideas which they sincerely believe, but which are nevertheless misleading, or entirely mistaken. We know how difficult it has been in some famous legal cases to identify certain individuals even on this side, and it is of necessity still more difficult to be quite certain that we know and can identify spirit visitants.

Some inquirers have experienced much trouble and annoyance with 'impersonating spirits' who have sought to pass themselves off as relatives or acquaintances, or have posed as famous historical personages. (To be continued in next issue)



by Edie Faubel*

FRIED CHICKEN (115 calories for 4 ounces vs. 235 traditional method)

Rub each piece with lemon juice and Lawry's seasoned salt or onion salt, lifting the skin and salting well underneath. Pepper to suit. Put in covered dish and marinate overnight in refrigerator. Put 1 teaspoon butter in heavy skillet; brown pieces lightly, pressing down and moving chicken around so it doesn't stick. As pieces brown, transfer to casserole dish. Into crusty remainder sticking to skillet bottom, pour ½ cup boiling water. Taste, add salt if needed and ½ teaspoon sugar. Pour over chicken — cover with foil. Bake 40 minutes at 350°. Remove foil. Bake 10–15 minutes longer or until browned to suit.

SURVIVAL SQUARES (Energy Snack)

½ cup firmly packed brown sugar 3 eggs

½ cup light or dark molasses 2 cups whole wheat flour

½ cup vegetable shortening ½ cup wheat germ

34 cup water1 tsp. baking soda1 cup raisins1 tsp. baking powder

1 cup chopped pitted dates 2 tsp. cinnamon

½ tsp. each mace, cloves, salt

Combine first 6 ingredients. Bring mixture to a boil. Cool 30 min. Beat in eggs. Stir in rest of ingredients; beat until smooth. Bake in greased 9" pan 40 minutes at 350°. Yield 25 squares.

INVOCATION

O Spirit of Infinite Wisdom and Love, we yearn to come into a more perfect understanding of things spiritual. We aspire to express more of the beauty of the higher life: that sweet spiritual life which breathes upon a world weary and heavy-laden with heartaches and pains. With this deep purpose, this lofty ideal always before us, there is no yearning for former pleasures, no desire to seek the material conditions of life; but always a desire to strive for the purer and nobler things of the intellect and soul. We earnestly pray that we may always see the blessing shining through every dark and painful condition. When in our service to our fellow man, we become weary and downhearted, may the spirit messengers of light and love bring us comfort relief and encouragment.

DEATH, THE GATEWAY TO LIFE

Let us consider the mission of Death. Millions through the ages have beheld death with terror. Let us dispel the gloom. O death, thou givest a broader liberty, a more glorious freedom to the soul.

Death hath not robbed thee of thy treasures. All the good thou hast done, all the noble thoughts thou has expressed, live and are with thee, still. O death, thou holdst within thy hands the key which unlocks the door of space and time.

Rest shall thou find O Soul in the midst of thy sorrow, and thou shalt hold divinest communion with kindred spirits. What more exalting and uplifting than the communion and fellowship of emancipated spirits! In silence, soul speaks to soul; thought leaps forth without sound; intelligence is transmitted upon gentle waves of ether.

sound; intelligence is transmitted upon gentle waves of ether.

Then hast thou O Soul, realized thy relationship with Eternal Spirit.

The spirit of man is indestructible, his soul immortal, his individuality everlasting, therefore let us not mourn and lament over Death—for Death is the gateway of life.

BENEDICTION

May the understanding of our minds, the meditation of our hearts and the obedience of our will to the still small voice within, lead us to live our Spiritualism with fidelity and fearlessness. Amen.



Busy Bees

by Bee Dorbandt*

The American Legion Log Cabin was filled to overflowing with members and friends on February 16th to honor our President and Founder, Mr. Richard Goodwin, on his birthday. The dinner theme was "February Fiesta" and the decorations and food were in keeping with this, complete with the traditional "pinata" ceremony. If one can say food is beautiful — it was! Our monthly dinner-socials are growing in popularity...the cooks are dexterous at international food preparation, so, please — attend our next social on March 16th. The theme will be "A Greek Festival." A gala festival is being planned.

Golden Gate Spiritualist Church honored their Founder, the late Reverend Florence Becker, on her birthday, February 16th, with a dinner in the church social hall. On Sunday, February 17th, they had a musical program and served a "Silver Tea" in the early afternoon, before the evening devotional services.

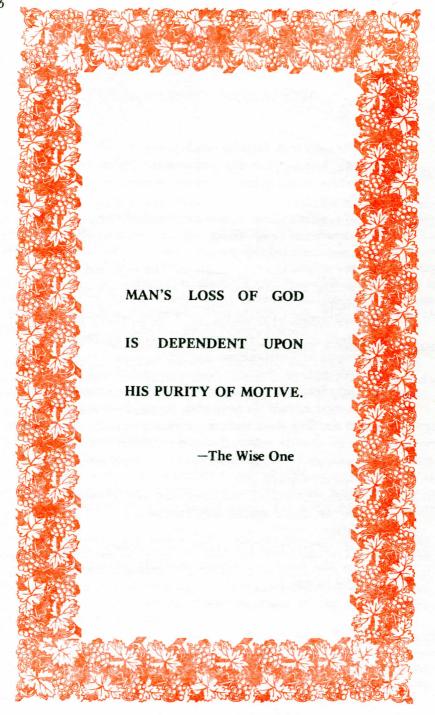
Serenity Church will have its monthly Bake Sale on March 23rd at Town and Country Village, Strawberry. Our bakers are the members and friends of the church. They make such beautifully-decorated cakes, cookies, breads and other delicacies. All of the proceeds from our dinners and Bake Sales go toward our building fund. Be there early to get a good selection of home-baked goods, for everything is quickly sold.

The Ladies' Guild and Men's Club continue to meet every Tuesday. The projects that are being created for year-round sale or our November Holiday Bazaar are fantastic! Some of us want to buy every doll, afghan, rug, and piece of crocheting that is made before it is even finished. Serenity invites you to attend these meetings at the church office; there is so much joy to share.

Our publication, Serenity Sentinel, is growing also. There have been so many fine remarks about the quality of this publication which goes so far to reach those who are interested in Spiritualism. Many universities have subscribed and are carrying the magazine in the parapsychology departments. Introduce a friend to the Sentinel.

DECLARATION OF PRINCIPLES

- 1. We believe in Infinite Intelligence.
- 2. We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.
- 3. We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.
- 4. We affirm that the existence and personal identity of the individual continue after the change called death.
- 5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
- 6. We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."
- 7. We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.
- 8. We affirm that the doorway to reformation is never closed against any human soul here or hereafter.
- 9. We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.



BECOMING A SPIRITUALIST

Triumphant Living by H. Gordon Burroughs

"Lives of great men all remind us We can make our lives sublime, And, departing, leave behind us Footprints on the sands of time."

Out of the lives of men and women long since passed on, and out of the literature of the past, we receive much of our inspiration to go on in the present. We become acquainted with such characters as Voltaire, Confucius. Socrates, Bruno, and Joan of Arc. We receive inspiration from the lives of the peoples of great paganistic nations, in which were expressed beauty, love, and life in idealistic form. We can see the Gladstones and the Lincolns, and catch the scintillating, ever-living dynamic energy which radiated from them. Every nation has its leaders in science, in philosophy, in religion, and in art; and from each and every one we gain something to which we can hold and put into our lives.

In the literature of the past, we find the glorious character of Jesus, not as a religious organization might present it, but as he was—a free man. He was not bound by tradition or by conventionality. We do not see him as half man and half God, but as a character clean-cut, cameolike, in the history of the teachers, philosophers, and promulgators of truths which were of assistance to the human family.

We cannot point to one individual as a savior of the world; we must all recognize this fact and play our part in being saviors, doing our part consistently, beautifully, calmly, with faith, knowing that the Eternal One back of all things is waiting for each of us to pass through the experience of earth, waiting for us, as prodigal children, to accept Him and to come back into the fold. When we say "Him," we are not speaking of an individual; we are speaking of that ever-present Force with which we may be in touch, which we may know, which we may talk to—that which is called the ever-present manifestation of God, to be known, to be loved, to be walked with as a companion through this pilgrimage and continuing on into the other expression of God's universe.



Lest We Forget

Adkins Family
Black Hawk
Vera Cavender
Ray Clark
Evans Family
David W. Fletcher
Isa A. Goodwin
Jacques

Alexis N. Krivor Martini Mike James Pearce Poika Jerome Richards Tony Zipper

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column. Donation of one dollar per name.

BE THE BEST OF WHATEVER YOU ARE

by Douglas Malloch

(We all dream of great deeds and high positions, away from the pettiness and humdrum of ordinary life. Yet success is not occupying a lofty place or doing conspicuous work; it is being the best that is in you. Rattling around in too big a job is worse than filling a small one to overflowing. Dream, aspire by all means; but do not ruin the life you must lead by dreaming pipe dreams of the one you would like to lead. Make the most of what you have and are. Perhaps your trivial, immediate task is your one sure way of proving your mettle. Do the thing near at hand, and great things will come to your hand to be done.)

If you can't be a pine on the top of the hill, Be a scrub in the valley—but be The best little scrub by the side of the rill; Be a bush if you can't be a tree.

If you can't be a bush be a bit of the grass, And some highway happier make; If you can't be a muskie then just be a bass— But the liveliest bass in the lake!

We can't all be captains, we've got to be crew, There's something for all of us here, There's big work to do, and there's lesser to do, And the task you must do is the near.

If you can't be a highway then just be a trail,
If you can't be the sun be a star;
It isn't by size that you win or you fail—
Be the best of whatever you are!



The Blind Boy

O say! what is that thing called light, Which I must ne'er enjoy? What are the blessing of the sight, O tell your poor blind boy!

You talk of wondrous things you see, You say the sun shines bright; I feel him warm, but how can he O make it day or night?

My day or night myself it make When'er I sleep or play; And could I ever keep awake, With me 'twere always day.

With heavy sighs I often hear You mourn my hapless woe, But sure with patience I can bear A loss I ne'er can know.

Then let not what I cannot have My cheer of mind destroy; While thus I sing, I am a king, Although a poor blind boy.

-Unknown

Eternity

He who binds to himself a joy Does the winged life destroy; But he who kisses the joy as it flies Lives in eternity's sun rise.

-William Blake

Some One

Some one came knocking At my wee, small door; Some one came knocking. I'm sure-sure-sure; I listened, I opened, I looked to left and right, But nought there was a-stirring In the still, dark night; Only the busy beetle Tap-tapping in the wall, Only from the forest The screech-owl's call, Only the cricket whistling While the dewdrops fall, So I know not who came knocking, At all, at all, at all.

-Walter de la Mare

FABLES FOR YOUNG AND OLD

THE FOX WITH NO TAIL

A Fox was racing through the forest one day and stepped in a hidden bear trap. His bushy tail was snipped right off. At first the Fox felt very fortunate to have escaped with such a minor injury. But as he was walking home, he passed a pool of water and saw his reflection. When he saw how funny he looked with no tail, he almost wished he had lost his head instead. The Fox hurried home and locked himself in his room.

For several weeks he refused to be seen by anyone. But he knew he had to come out sometime, so he worked out a plan to lessen his misery. He sent his brother to invite all the Foxes in the area to hear an enlightening lecture on fashion. When all the foxes were gathered together, the Fox with no tail came out and stood before them.

"As you can see," he said, "I have suffered what appears to be a tragic loss. But actually it's not. I have never known such comfort. What use is a tail, anyway? It picks up burrs and is forever in the way. I sincerely urge you all to rid yourselves of this useless and cumbersome burden at once, and share my new freedom!"

After a moment of silence, one of the older Foxes stepped forward.

"Beautiful speech!" he said. "But you'll never convince us to join you in your misery, so why don't you go back into hiding until you've learned to live with your misfortune."

If the Fox had had a tail, it would have been tucked between his legs as he crept away.



Secenity Books

SPIRITUALISM AND RELATED SUBJECTS

"KARMA-YOGA and BHAKTI-YOGA" by Swami Vivekananda	\$3.95
"BOOK ON MEDIUMS" by Allan Kardec	\$7.60
"LIGHT" by Ernest Holmes and Others	\$2.10
"THE UNFOLDING UNIVERSE" by Arthur Findlay	\$3.75
"SPIRITUAL COMMUNITY GUIDE" by The Spiritual Community	\$3.13
"THEY LIVE—A REPORT" by Rowland F. Nye	\$1.25

Book lists available on request. Make check or money order payable to: Serenity Spiritualist Association, P.O. Box 137, Forest Knolls, CA 94933 Please add \$.30 per book for postage and handling.

EVER-RECURRING QUESTIONS

by Andrew Jackson Davis

QUESTION: "Can you explain what you mean by the terms employed in your pamphlet on 'Special Providences,' such as God, 'the great central Magnet of the Universe, and the 'great Positive power, which attracts all spirits towards itself,' etc., etc.?"

ANSWER: We will try to explain. By the great Positive Mind we mean the strongest and divinest Center in the Spiritual Universe. In ancient phraseology that Center is called the "Throne of the Most High." But we prefer our terms as expressive of the fact as it is: the same truth, however, is differently stated by different writers, but has the same general effect, viz: that the Center of the Universe is the Sun around which all spirits revolve, as planets roll about their primary. Perhaps you will think that we are entirely alone in our philosophy on this subject. If so, allow us to refer you to the poet, Akenside, whose pen long since wrote that

"As fame ascends—

As bodies to their proper center move—
As the poised ocean to th' attractive moon
Obedient swells, and every winding stream
Devolves its searching waters to the main
So all things which have life aspire to God—
The Sun of Being, boundless, unimpaired,
Center of all souls! Nor does the voice
Of faithful Nature cease to prompt their steps
Aright; nor is the care of Heaven withheld,
From granting to the task proportioned means;
That, in their stations, all may persevere
To climb th' ascent of being, and approach
Forever nearer to the Life Divine."

Now you will perhaps ask: "Will not the Central Sun (God) absorb all lesser bodies, such as the spirits of men and angels?" No, because the spirit's central, integral attraction, is equivalent, is greater, eventually, than the attraction of the central Magnetism. Mutual attractions and mutual repulsions explain all. (Continued from Page 5)

and surfaces, Geometry; and straightway he becomes the child of Vanity and Ambition. Especially is this true in minds which only know the fragmentary facts of these sciences—a sort of "smattering" information—such as floats upon the surface of modern newspapers and periodic literature; but, mingle with these sciences the fundamental principles of self-knowledge, and you humble the mind in reverence before the God of its being, and a true humility is inevitable. We may ask, "Why does self-knowledge or wisdom as alter the current of man's feelings?" Because it opens to the soul two great overwhelming worlds of being, not visible in the Finite sphere, viz., the *Indefinite*, which is himself, and the *Infinite*, to which he feels himself instinctively and eternally related—the private wonder of each mind.

Let the curtain be but partially raised which has so long hung between his present and his future, and Man sees himself as an unsolved problem. And here begins an infinite series of questions and answers. Man stands, before his brother man, with questions. Each one discovers in himself a desire to know; hence, the hundreds of thousands of millions of billions of trillions of questions which swarm the fields of human experience. The mind asks questions, orally and in silence, because it is itself a world of interrogation; but, when we tell all, it is found to be no less a world of answers at once simple, fearful, wonder-

ful, satisfying.

The questions of man, in regard to his *Infinite* relations, have built monuments of useless theology. Poems and precepts and bibles have been written to answer these ever-rising questions. Cathedrals and churches have arisen, to sound the replies in hundreds of ears at once. The infinite has been interrogated; but lesser world have alone returned answers.

And so methinks it will ever be. The Infinite will never answer the finite; except through its never-changing channels of consciousness. If a man can ask a profound question, there is a power latent in his nature not less able to reply; that is to say, the ability rightly to put a question presupposes the ability rightly to answer it—even as all spiritual desires are inward assurances of ultimate satisfaction.

(To be continued in next issue)

[&]quot;Sin has many tools, but a lie is the handle that fits them all."

(Continued from Page 5)

and surfaces, Geometry; and straightway he becomes the child of Vanity and Ambition. Especially is this true in minds which only know the fragmentary facts of these sciences-a sort of "smattering" information-such as floats upon the surface of modern newspapers

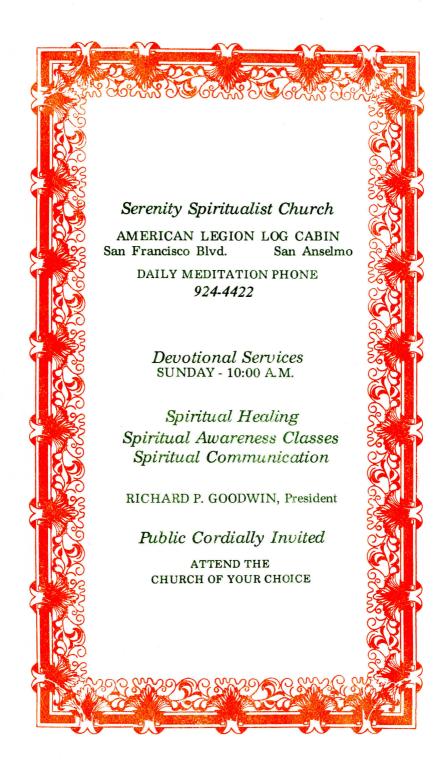
periodic litera principles of before the Go ask, "Why doe feelings?" Be of being, not himself, and t eternally relate

Let the cur tween his pres problem. And Man stands, b covers in hims millions of bil human experie cause it is itse found to be no ful, satisfying.

The questio monuments of been written churches have The infinite h turned answers

And so met finite; except If a man can nature not less question presu ual desires are i (To be continu

Forest Knolls, Ca. 94933 P.O. Box 137 No Postage Stamp Required if Mailed in the U.S. from: name address city FIRST CLASS Forest Knolls, Ca "Sin has r



Sevenity Spiritualist Association Forest Knolls, Ca. 94933 NSAC

